



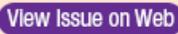
June 1, 2016

TO: Texas A&M AgriLife Benefits-Eligible Employees
SUBJECT: AgriLife Employee Wellness Newsletter – JUNE 2016

Welcome to the June issue of the AgriLife Employee Wellness online newsletter!

Texas A&M AgriLife Employee Wellness Committee | AgriLifeWellness@ag.tamu.edu | p. 979-845-2423

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Welcome!
JUNE 2016 ISSUE

Most of us cope okay in normal hot weather. But don't risk getting sick during long periods of extreme heat.

The HEAT is ON

Inside:
Fitness After 50 • Switching to a New Eating Plan? • What Your Knees Need

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